



Supporting your young person with VESPA

Small changes in how students approach learning can make a real difference to their experience of school.

VESPA helps students reflect on five areas of learning: Vision, Effort, Systems, Practice and Attitude. Your school will use the questionnaire and coaching conversations to help your young person recognise strengths and choose habits to develop. Portal activities help students work on those habits independently between conversations.

V

Vision

Knowing where you want to go

Talk about interests, future plans and what makes learning worthwhile.

E

Effort

Putting purposeful work into learning

Help them make time for focused study and recognise the effort behind progress.

S

Systems

Organising time and resources

Encourage a realistic weekly plan, a useful workspace and a way to track deadlines.

P

Practice

Using effective study strategies

Encourage self-testing, practice questions and revisiting learning over time.

A

Attitude

Responding constructively to challenges

Listen when things feel difficult and help them choose a manageable next step.

A starting point for a conversation

The questionnaire asks students about their current learning habits. There are no right or wrong answers. Scores are a snapshot of their responses, not a grade or a fixed label. Encourage honest answers and an open discussion.

What happens at school?

01 · Questionnaire

Reflect on current habits.

02 · Report & reflection

Read feedback and respond.

03 · Goals & activities

Choose practical next steps.

04 · Review

Discuss progress with staff.



Let them lead the conversation

Ask your young person to explain what they noticed and what they want to try next.

Practice

4 / 10

Make study time count

Try checking what you can remember before looking at your notes.

A question to reflect on

How do you know whether a study session has helped you learn?

One practical next step

After a lesson, answer five questions from memory, then check and correct your answers.

Simplified fictional example; feedback is personalised.

Try these three questions

1. What feels accurate, and what surprised you?
2. Which habit would you like to develop?
3. What would helpful support from us look like?

Listen before offering solutions. Encourage one manageable change, notice progress and agree a time to check how it went. Contact the tutor if studying feels persistently difficult.

Your Reflection

? Need Help?

Looking at my scores, I was surprised by the lowest one, because the higher scores feel closer to how I see myself.

Right now, a typical study session is going back over my notes, and I find it hard to tell what I have actually understood.

What I want to get better at is spending more of my time on the work I find difficult.

Reflect: students put their own perspective into words. Fictional student example.

Your Goals

• Browse Learning Behaviours

Write 1-3 goals you will focus on this cycle. Be specific and realistic.

Go through the feedback or mark scheme on your last test and write down exactly where you lost marks
Do 15 minutes of past paper questions today — short, focused bursts like a mini-exam

Goal deadline

16/10/2026

Saved 13:04

Saved

Goals saved successfully!

Act: students choose specific, realistic goals. Fictional student example.

Activities for independent development

Students can use portal activities between tutor conversations to develop Vision, Effort, Systems, Practice and Attitude. They work through guidance, try a strategy and reflect on how it went. Activities may be recommended or assigned; students can also explore available activities themselves. At home, ask: "What did you try, and what will you use again?"

The VESPA student app



Students can download the app and sign in with the account or sign-in method provided by their school. The browser version is available too.

app.vespa.academy/get-app

[Apple App Store](#) [Google Play](#)

Parent access: if your school chooses to share a parent report, it will provide a separate link and access instructions. The student app uses the student's own school account. Ask your school which features and reporting arrangements it uses.